**Zone of Mental Health Stability: Minnesota Council of Health Plans**

Mental Health Programs and Services Provided Directly by Health Plans

**The model below depicts the “Zone of Mental Health Stability” (the Zone).** All people experience emotional ups and downs within the course of daily life, whether they have a mental health diagnosis or not. Many people maintain and function well within a “Zone of Stability” even when experiencing these ups and downs through the support of family, friends, colleagues, or other social connections. When someone peaks outside the Zone, the model illustrates where programs and trainings received *may fit or be applied* when responding to a friend, coworker or family member.

Post hospital follow up

Medication Management

Case Management

Disease management

Inpatient Case Management

Mental Health First Aid

Assistance in accessing services

Employee Mental Health Training

Screening tools

Online Wellness Resources

Care Coordination

Healthy Living Incentives

Make it OK

May is Mental Health Month

**Support infrastructure:** Develop and use of quality measures; use financial incentives to improve quality and patient outcomes; manage system-wide costs; fund research; credential providers; develop and use algorithms to identify people at potential risk; invest in community health initiatives; supporting social determinants of health

**Crisis Point**

**Pre-Crisis**

**Zone of Stability**